

Week 1 — Get Ready



Individual & Family Preparedness

Assess your family's needs. Develop a kit for shelter-in-place and evacuation. Know how to communicate with your family.

Week 3 — We're all in this Together



Considerations for Individuals with Access and Functional Needs

Some of us have specific medical, transportation and communications needs. Identify your individual needs and plan for them.

Week 2 — Get Involved



Join the Response

Know you are needed no matter your skills. Sign up and get trained. Respond if you can.

Week 4 — Get Vaccinated



Fight the Flu

Get your shot. Wash your hands. Cover your cough. Stay home when sick.



To learn more, visit: mass.gov/dph/ready